

# SPORTS

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## CLASSES

**PT Prep is a circuit training and aerobics class combined. It is designed to keep the heart rate up while working on circuit exercises that focus on push-ups and sit-ups. The aerobic portions focus on intense exercises—jumping jacks, sprints, hustlers, shuffles, body builders—that build cardiovascular endurance to help with the PT run. PT Prep is **Monday**s, 6 a.m. and 4 p.m. and **Wednesday**s and **Friday**s at 6 a.m. Call 846-1102.**

**The Low-Impact Aerobics class begins at 9 a.m. Monday**s, **Wednesday**s and **Friday**s at the East Fitness Center. Call 846-1102.

**Cardio box classes are Tuesday and Wednesday, 5 p.m.**, at the East Fitness Center. Call 846-1073.

**Indoor cycling classes are held at the East Fitness Center, Wednesday, 10 a.m., and Monday-Thursday, 6 p.m. Call 846-1073.**

**Water aerobics is open on a pay-by-the-day basis at no additional charge with no additional charges on pool passes. Classes are Monday**s, **Wednesday**s and **Friday**s, 10-11 a.m., and 11a.m.-noon; and **Monday**s and **Wednesday**s, 5:30-6:30 p.m.

**Yoga Class is Tuesday**s, noon and **Saturday**s at 11 a.m. The focus is more down-to-earth benefits of **Yoga**, including improved physical fitness, mental clarity, greater self-understanding, stress control and general well-being achieved with continuous stretching exercises. Call 846-1102.

## Coed softball standings

As of 18 Jun 04

<b>377 AMDS</b>	<b>5-0</b>
<b>AFRL</b>	<b>3-2</b>
<b>AIRBORNE LASER</b>	<b>2-2</b>
<b>SERVICES</b>	<b>2-2</b>
<b>AFOTEC</b>	<b>2-2</b>
<b>377 CPTS</b>	<b>1-3</b>
<b>377 MSS</b>	<b>0-4</b>